

Spring Garden Yoga for Kids

1) Pretend to be a tree

- **Tree Pose:** Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Now try the other side.



2) Pretend to be a frog

- **Squat Pose:** Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground.



3) Pretend to be a seed

- **Child's Pose:** Sit back on your heels and bring your forehead down to rest of the floor. Pretend to be a seed in the garden.



4) Pretend to be a butterfly

- **Cobbler's Pose:** Sit on your bottom with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



5) Pretend to be a flower

- **Flower Pose:** Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to a flower in bloom.

